

# The ABCs of Family Eco-Activism

## Instead of...

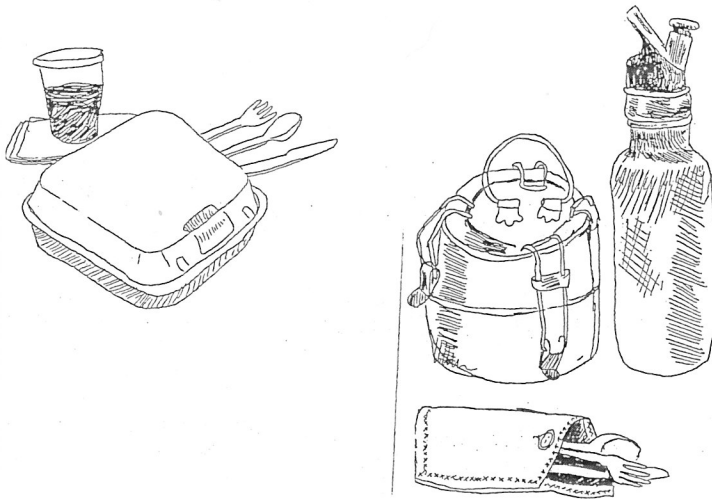
### Plastic Shopping Bags



### Say "No Thank You, I have a bag." Family

Project: make or find cloth grocery bags and keep them by the door. Never leave the house without one! Why?: Only 3 % of plastic bags are recycled. Plastic bags enter the oceans and harm and sometimes kill sea turtles, sea birds, dolphins, and other marine life. Americans use and throw away 100 billion plastic bags every year, which require 12 million barrels of oil per year to manufacture.

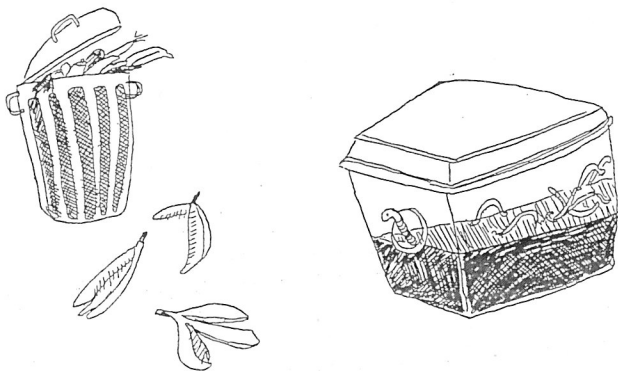
### Disposable Foodware



### Create a personalized dining kit. Family

Project: gather your own container, water canteen, and silverware for on-the-go dining. To-Go-Ware sells metal lunch boxes and bamboo spoons and forks, but you can also come up with a combination that you already have in your kitchen. You can also sew your own silverware pouch. Klean Kanteen sells plastic-free stainless steel water containers in bright kid-friendly colors. Why?: Throw-away plastic utensils, plates, and cups are oil-based products. Most never make it to recycling. Even food-grade plastics release chemicals that can harm humans.

### Trashing Food Waste



### Compost your food waste. Family Project:

Make a red wriggler worm bin. Red wriggler worms are easy to care for pets and they will eat your food waste. The Lower East Side Ecology Center in NYC can provide you with a carton of worms. Making a bin is simple. Here's an online guide:

[http://www1.nyc.gov/assets/dsny/docs/about\\_indoor-worm-bin-composting-brochure-06340-f\\_0815.pdf](http://www1.nyc.gov/assets/dsny/docs/about_indoor-worm-bin-composting-brochure-06340-f_0815.pdf) Why?: Food waste makes up 40% of landfill. Food waste in landfill converts to methane, which is a greenhouse gas.